

The Principal's Weekly Update

Term 3 - Issue 5

This newsletter is issued weekly in order to celebrate the achievements of students and staff as well as to thank those who put so much effort into ensuring that students at John Cabot Academy continue to have opportunities to try new things and to maximise their achievements, are recognised and appreciated. I hope you enjoy reading this newsletter as much as I enjoy receiving and collating each item. Please do continue to inform me of any students' achievements and experiences that I am unaware of so that they can be included in future editions.

Non uniform day

As is usual at the end of term, we would like to remind parents and students that Friday 10 February will be a non uniform day. Donations from students towards wearing their own clothes will go towards the chosen charity for their community. School will finish at the normal time on that day.

Go4Set

On Wednesday this week, six John Cabot students went to Fry's Conference Centre for the final assessment and prize day for this year's Go4Set competition. Go4Set is a national science competition for Y8 and 9 students where students tackle real world issues and come up with ideas for solving them. Our team this year consisted of Dominik Mahadevan, Peter Trolley, Alfie Eagle, George Humphries, Natty Morris and Aiden Bennett. Their task was to design and model an 'Eco-Classroom'. The boys came up with all kinds of ideas, including bio-digesters, pigs, wind turbines and underground heating. The students put on a fantastic presentation, answering some very difficult questions from some senior technology specialists. Despite not winning overall, the students performed brilliantly and should be very proud of their efforts over the last 12 weeks. Well done!



'Scary Play'

Big congratulations to the Year 9 BTEC Performing Arts groups who performed a version of 'Scary Play' this week, their first exam performance. All of the students worked incredibly hard and all gave their best performances on the night. A big thank you to Thea Payne, Callum Payne and Peter Trolley for their tech support, to Steve Clarke and Charlotte Grierson for playing the music and to Sam Bridges and Jane Williams for staying behind to grade the shows.

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Year 11 Independent Study Day

This week, Year 11 were taken off timetable for a day, allowed to wear non uniform and were given free rein to attend whichever lessons they wanted to! This was organised in response to student requests for extra time in the day to complete coursework, etc. Included in the study day was an assembly with the Principal on a variety of themes. Of most benefit was the visit by three Year 12 students who talked about how they would do Year 11 again if they had the chance. Year 11 listened attentively to their peers; a summary of the advice they gave is shown below:

- Make a revision timetable and factor in time for yourself
- Stay behind with teachers as they can and will help you lots
- Start revision now
- Use revision cards with Q and A on
- Revise in groups of friends and ask each other questions
- Revise different subjects from the ones you have just done in school today
- Start your revision NOW!
- Change your revision techniques if the ones you are using are not working
- Use flash cards
- Write stuff down, don't just read your text books!
- Find some form of stress relief
- Use mind maps on your bedroom walls
- Email your teachers for help if you are stuck, they will respond

Charity ride

Chris Baker, Head of E-Learning, cycled 150 miles on an exercise bike in the reception at John Cabot on Thursday this week, to raise money for Action Medical Research. Chris set off on this mammoth task at 8.00am and didn't complete the ride until 3.00pm, the entire school day, having completed some 38,000 pedal strokes. Although this day was not a teaching day for Chris, he spent part of the day marking students' coursework and planning lessons on his iPad while continuing to cycle! This day formed part of Chris's training for a bigger challenge in May where he will attempt to cycle from Lands End to John O'Groats, which will take nine days and is over 1000 miles in distance; again raising money for Action Medical Research. Chris has been set the target of £3000 and still has a little way to go so if you would like to donate to this worthy cause, please go to: www.action.org.uk/sponsor/mrbaker

Chris said, "As an ex PE teacher turned IT teacher, physical activity and staying fit is always a priority of mine and if this event encouraged our students to take more exercise then that has to be a positive. Personally, I would encourage students not be afraid to take on challenges similar to this and to push themselves which is great for them and their personal development."



Girls Football - JCA U14 v Downend

On Tuesday last week, after doubts about the game being on, Downend managed to scrape together a team of 7, meaning we played 7 a side. JCA were in control from the whistle having many chances, one of which Cissy managed to hit into the back of the net.

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A number of changes were made in the second half to ensure everyone had some game time but this saw the JCA team become unsettled; and it took a while to come back into the game. Nevertheless, Cissy continued to work hard on the wing and scored her second of the game. Downend battled hard and managed to break through twice meaning the final score was 2-2. All girls worked hard and it was good to see that we can field a full team. Training for all girls continues to be on a Tuesday after school.

U16 Girls' Netball League Matches

Wednesday 25 January saw the first of the U16 League netball matches. The squads had become somewhat depleted but some rallying around at lunchtime and students stepping in meant that two full teams travelled to Hanham. Both teams found it hard to settle and convert early chances as the team had to get used to positions; however, both teams were the stronger sides coming out winners. Y10 won 10 - 3, Player of the Match was Beth Terry; Y11 won 16-10, Player of the Match was Helen Howshall. Teams were:

Year 11: Helen Howshall, Lily Grant, Sophie Pring, Liliana Berrios-Silva, Jess Warner, Lucy Thatcher, Kara Pring, Josie Ford.

Year 10: Maddie Ford, Hannah Gregory, Beth Terry, Ocean Bracey, Kate French, Kayleigh Graham, Beth Lockhart, Sophie Mainstone.

U16 Girls' Basketball South Glos Tournament

On Thursday 26 January, John Cabot hosted the South Gloucestershire Basketball Tournament; the winners of the tournament go forward to represent South Gloucestershire at the County Championships. This year, six schools took part and played in two pools; the teams were John Cabot, the Grange, Hanham High in one pool and Filton Abbeywood, Downend and Winterbourne International Academy in the other pool. It was a very competitive competition with a very high standard of Basketball played.

The squad started well by winning their opening pool match against Hanham, it was a strong performance in defense with some excellent passing and shooting in attack. This was followed by a tough physical game against Winterbourne which ended in a draw. Cabot finished top of their pool so faced Downend in the semi final; again the squad showed some strong defense and outstanding passing and shooting which saw them through to the final. The final was a rematch against Winterbourne, the team held their nerve and produced an excellent performance to win and qualify for the county championships. There also needs to be a special mention for Kara Pring and Josie Ford for their brilliant work time keeping, scoring and recording the results for the whole tournament. Well done to all the girls and a massive thank you to all the students and staff who watched and supported the squad:
Whitney Thompson, Akilah Wellington, Lottie Thompson, Ruby Lopez, Victoria Brimming, Maddie Ford, Candice Hayden, Jodie Parry, Jasmine Rogers, Katie Brooks.

Results - Pool matches:

JCA 16 – 0 Hanham

JCA 4 – 4 Winterbourne

Semi final: JCA 10 – 0 Downend

Final: JCA 6 – 2 Winterbourne

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Coming up next week and early next term

Below are some of the main events taking place next week and early next term.

Next week:

06/02/12	Meet the Principal Evening
07/02/12	Y10/11 Languages Conference
	Go4Set trip
	Y12/13 Business trip
09/02/12	Y10 Drama
10/02/12	Term 3 ends
17/02/12	Gambia trip returns

Early next term:

20/02/12	Term 4 begins
23/02/12	Y7 Disco
28/02/12	SEN drop in review session
	GCSE drama trip to Hippodrome
29/02/12	Y8 Disco
06/03/12	Y9/10 Business trip
08/03/12	Y11 Parents' Evening
13 – 15 Mar	Academy Production
14/03/12	Y10/11 Dance exam
15/03/12	Y10/11 Languages Conference
	Morocco trip Information Evening

Please remember to check the website each week for the weekly newsletter as well as forthcoming dates.

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